Do you care for someone?

YOU ARE NOT THE ONLY ONE...

If you are aged between 5-17 years and are helping to care for someone with a long term illness or disability (including mental health or substance misuse) you are a young carer and we are able to help.

You May Take On Some Of The Following Tasks:

- Housework, Cooking, Shopping, Cleaning
- Communication
- Fetching/Administering Medicine
- Listening/Emotional Support (helping someone to feel ok)
- Looking after Siblings
- Financial Help i.e. Paying Bills, Reading Letters

Types Of Support We Can Offer:

- Information/Advice
- Meeting Others in a Similar Situation
- Social Activities/Groups
- Family Help/Support Planning
- Working with Schools
- Awareness Raising
- 1-1 Support

01933 677837
YoungCarersTeam@northamptonshire-carers.org
www.northamptonshire-carers.org/young-carers
Northamptonshireyoungcarers @NorthantsCarers NOrthantsyoungcarers
We understand that making life choices as a young adult is hard enough without the extra responsibility of being a carer. With support and recognition we hope to help you manage your caring role, to find time for yourself and to help you maintain your health and wellbeing. We aim to help you consider your own future. **For Ages 18-25yrs**

**TYPES OF SUPPORT**

- Information & Advice
- Social Opportunities
- Carers Assessment
- Listening & Wellbeing Support
- Advice & Support
- CV Writing/ Skills Development
- Money Matters/ Benefit checks
- Volunteering/ Peer Mentoring Training
- 1-1 Listening Support/ Future Planning
- Education, Employment and Training Advice

With special thanks to The Margaret Giffen Charitable Trust

#itcouldbemeoryou